



Better Yet!

An [un]Cookbook[let]
Best Nutrition & Less Kitchen

Better Yet!

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Freely share as you are led.

To God be all the glory.*

Disclaimer: This booklet contains health information to help readers make informed choices. It is wise to consult a health professional before making major lifestyle changes. Keeping in mind, however, that medical doctors are seldom instructed in nutrition (unless specialized), we can ask God—our Maker and faithful Physician—to be our *heavenly* Guide as we prayerfully live out His simple, *heavenly* plan.

*** This refers both to the well-known verse in 1 Corinthians 10 about eating, drinking, and behavior and also as a *credit*, intended to deflect the glory easily taken unto oneself. This booklet was inspired / authored by God our heavenly Father and His Holy Spirit, thus my name as the *compiler* is not printed on this page or on the cover. It is not the name that we need to know. But *vital* is our knowing the name of *Jesus Christ*—the beloved “Author” of precious health and life.**

Dedication – to all who long to be free

“Ye shall know the truth, and the truth shall make you free.” {John 8:32}

Is cooking truly your “calling”? Keep cooking. If not, keep reading.

Think of all the extra time you can save by omitting long hours spent, day after day, planning, shopping, spending, chopping, measuring, stirring, spilling, cooking (scorching?), baking (burning?), and (*re-making?*). Then, after rushing through the meal, there's the dreaded dishes and counter-top clean-up, followed by a brief break before the next meal. Eating is crucial; but if we're not careful, the rest of life goes “[un]lived.”

Do we eat to live? Or do we live to eat? Has our growing obsession with fixing food to satisfy stomachs turned a normal, natural need into a small-g “god”? We *can* eat for strength not for gluttony.

We each can feel perfectly free to have “smiley-face ☺ simplicity” (or, *better yet*, to “embrace” it) so we can have sufficient time to stop and smell “the roses” instead of smelling only “the kitchen.”

**“I prefer
no eyes
to be on
my plate
(except
for the
eyes on
spuds).”**



* This does
not suggest
carelessness
in the area of
nutrition, but
to place food
in its proper
perspective,
as “fuel” for
the body and
mind, so that
more of our
precious time
can be spent
on real living,
and less on
preparing
for eating.

{Anonymous}

YOUR GUILT-FREE PASS—AN [UN]OFFICIAL “PINK SLIP”

ARE YOU ITCHIN' TO GET OUT OF THE KITCHEN?
THIS [UN]COOKBOOK[LET] AND “PINK SLIP” PROVIDE PERMISSION.
YOU ARE HEREBY GRANTED AN EXIT FROM THE KITCHEN
(AFTER YOU'VE GOTTEN SUFFICIENT NUTRITION).
THEN USE THE STRENGTH FOR YOUR LASTING, *TRULY*-SATISFYING MISSION.

WE FIND, IN THESE FINAL DAYS, A SERIOUS SITUATION.
“FANCY MEALS” ARE NOT OUR SOLE EARTHLY MISSION.
WHETHER PHYSICALLY, EMOTIONALLY, OR SPIRITUALLY,
SOULS ARE DAILY DYING OF STARVATION.
SOME FEEL HELPLESS, SOME HOPELESS—SOME IN NEED OF SALVATION.

LET'S CARE FOR *THEM TOO*—PART OF OUR HEAVENLY MISSION.
SOON, ALL MALAISE WILL FOREVER TURN UP MISSIN'.
WE'LL BE SUFFICIENTLY SATISFIED, RESTORED TO HEAVENLY EDEN.
IN SUCH BLISS, WE'LL NEVER EVER MISS CLEANING A MESSY KITCHEN.

No expiration

We are encouraged in Scripture
that we need not worry, inquiring,

“What shall we eat?”

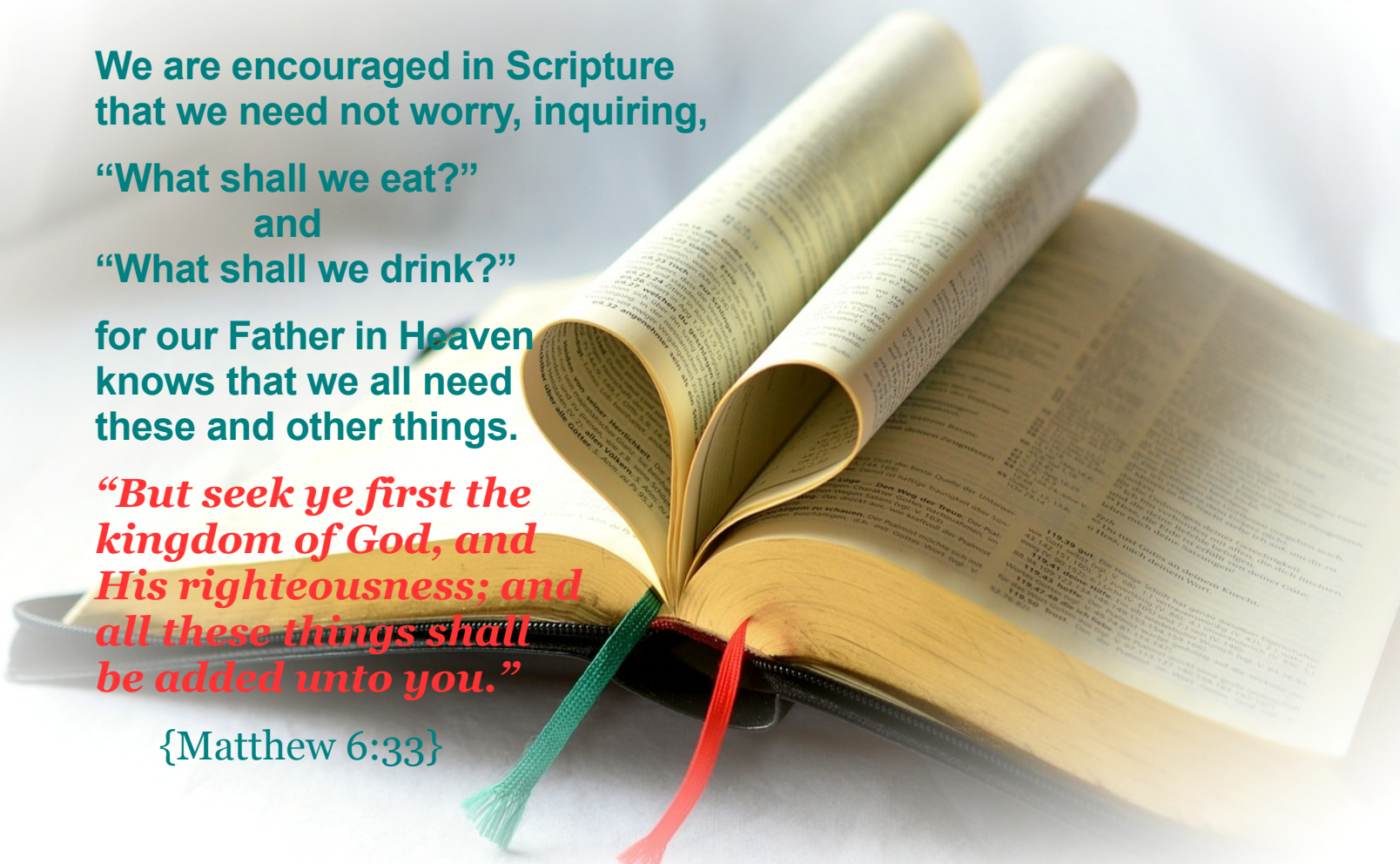
and

“What shall we drink?”

for our Father in Heaven
knows that we all need
these and other things.

*“But seek ye first the
kingdom of God, and
His righteousness; and
all these things shall
be added unto you.”*

{Matthew 6:33}



Once upon a time, cooking was fairly *simple*. *Hand*-written recipes were lovingly *handed* down to the next generation and *handled* with care. Food-stained, ink-smeared, ragged-edged papers were transferred to 3x5 recipe cards.

3x5s were replaced by 5x7s. Then recipe *books*. Then *larger* ones. Meals became *complex*; fixing food became “[un]fun.”

Then came “fast food”—*handed* to us at a drive-thru window. It seemed the ideal solution, especially in our fast-paced lives. But then physicians needed to *hand* us pill prescriptions to treat (or merely “mask”) the correlating diseases.

Instead of perusing recipes from “the good old days,” we are counseled to recapture “the *great* old days” when meals were, by far (“*hands down*”), even simpler. Our very first ancestors experienced it *firsthand* in Paradise—the Garden of Eden.



Physiologically &

Find it difficult to think when the stomach's "out of sync"?

Reliable "gut instincts" are *majorly* messed up by even a *minorly* messed up gut.

"For the health and vitality of the soul, the divine Physician has prescribed communion with Christ. Spiritual health is dependent on the food which is given to the heart and mind, and on the atmosphere which is breathed."

{E.G. White, *Signs of the Times*, 1901}

Spiritually Linked

"Visceral intuition" is not just our imagination; so is it any wonder that forces from the dark side try to break, with junk, our link with Heaven?

God's plan restores.

Satan's plan destroys.

You've already made it *this* far, (being on the *heavenly* team)?

So, the *next* question is ...

How
do we
thwart
the devil's
evil plan?

With
God's
great
original
plan.

NOTE: Some think that *what* we eat (or *how late* we eat it or *how much*) is completely [un]important and [un]related to our relationship with our Creator—arguing further that *all* lifestyle choices are irrelevant, affecting neither thinking nor quality of life (especially *eternal* life).

Many understand otherwise—compiler included.

But lest the wrong impression is given that a *proper* eating plan is our sole “ticket” to health and Heaven, here is some clarification. Eating “well” doesn't promote us to Heaven (nor save us from hell); but what we daily choose to invite into our hearts to dwell (not just via the taste buds but via the eyes and ears as well) affects every aspect of health. Therefore, eating (and watching and listening) “[un]well” can easily destroy our minds, thus our precious communion with Christ. We are indeed saved only by God's grace; but proverbially “spitting in His face”—harming our miraculously designed bodies—is committing slow, cruel suicide.

Let's choose life.

Blissful Simplicity

In the perfect, paradisaical life of Adam & Eve, *mealtimes* were perfect as well. All they had to do (when hungry) was:

PICK.

PEEL?

PRAY.

ENJOY.

It would save us SO much time and energy if we would re-embrace the simplicity of Paradise, having opportunity to also enjoy “soul food”—*spiritual* nourishment to cheer the heart and enhance our relationship with our Creator.

Simply appealing!

We need
simplicity
now more
than ever.

Balanced, sufficient nutrition.
And thankfully, no starvation!

We can enjoy *real*
“comfort foods”
—those that
can bring
comfort not
just *during*
but long *after*
the meals
as
well!

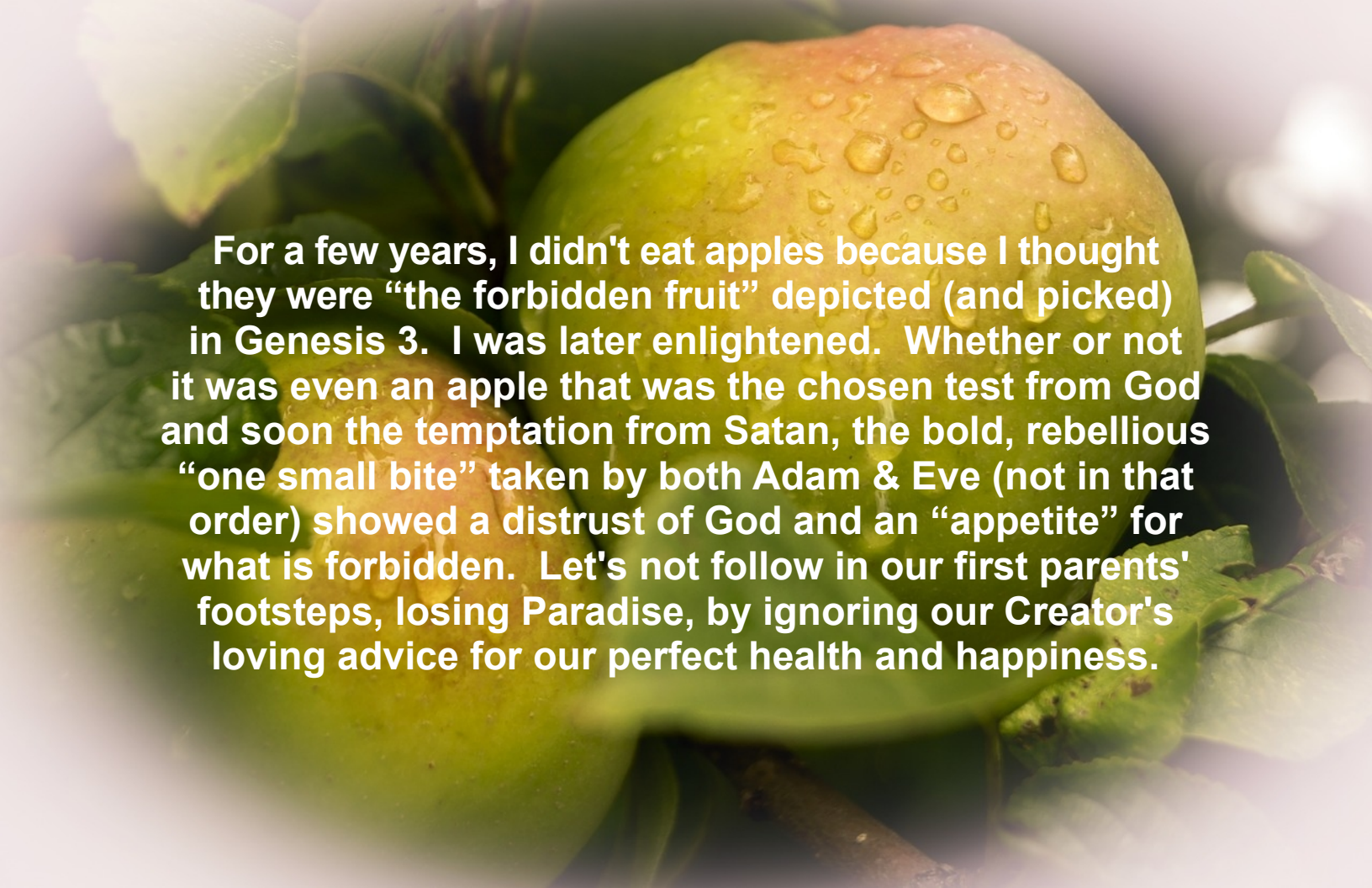
And
because food that
isn't overheated doesn't burn,
raw foods are healthful “socially.”



Directions (good for all meals):

1. **PICK** colorful fruits and vegetables from your favorite grocer (or, *better yet*, from your own flourishing garden) preferably non-GMO, organically grown, without pesticides.
2. **PEEL?** (or, *better yet*, leave the skins *on* for added fiber and flavor, if organic and if normally eaten, such as skins of apples, potatoes, zucchini, and a plethora of other produce).
3. **PRAY** to God with a thankful heart for daily nourishment.
4. **ENJOY** a rainbow of colors in a calm, clean environment—free of clutter, stress, and noise. {See Proverbs 15:17 & 17:1}

Then simply throw away peels, cores, and seeds (or, *better yet*, place them on your compost pile to further feed your garden).

A close-up photograph of a green apple with water droplets on its surface, surrounded by green leaves. The apple is the central focus, with its skin showing a mix of green and yellowish-green hues. Numerous small, clear water droplets are scattered across the apple's surface, reflecting light. The background is softly blurred, showing more green leaves and a hint of a brown stem.

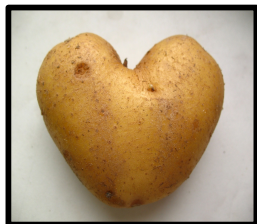
For a few years, I didn't eat apples because I thought they were “the forbidden fruit” depicted (and picked) in Genesis 3. I was later enlightened. Whether or not it was even an apple that was the chosen test from God and soon the temptation from Satan, the bold, rebellious “one small bite” taken by both Adam & Eve (not in that order) showed a distrust of God and an “appetite” for what is forbidden. Let's not follow in our first parents' footsteps, losing Paradise, by ignoring our Creator's loving advice for our perfect health and happiness.

Healthful Tips & Options

- Good fat: nuts, seeds, & avocados
- Besides the energy fuel you'll get from good carbs* & protein* in fresh fruits & veggies, more can be found in starches like potatoes & gluten-free grains.



* Beware of hi-protein diets which burden kidneys & clog arteries and the low-carb diets which deprive brain of proper fuel & lead to lethargy.



♥ Love your heart. Fat-topping free, a *baked* potato is your “low-cal pal.” But calorie-laden, salty potato *chips* or greasy *fries* are arteries' enemies.

CALORIE COUNT

Medium baked
potato: 150

Bag of potato
chips: 1,000

- When *necessary* to cook (such as rice and potatoes) or it's more *beneficial* (as with carrots and tomatoes), avoid oil frying and microwaving; but try crock-pot cooking, water sautéing, or boiling (or, *better yet*, steaming—to retain more nutrients).
- Cold-pressed olive oil, drizzled in moderation, is indeed a “*better yet*” than butter. (But, *best yet*, be free of *processed* oils altogether; eat whole olives, nuts, and seeds instead.)
- Omit irritants like: bleached salt **cinnamon** vinegar **pepper**
Better yet, try: pink salt **anise powder** **lemon juice** **ground basil**
- Brain fog? Colds? Indigestion? Omit yeast, sugar, & gluten?
- Limiting labels protects us from artificial sweeteners, dyes, MSG, preservatives, high-fructose corn syrup, etc. (And saves \$!)
- Increase variety, chew slowly and thoroughly, stop before stuffed, resist late-night feasting and between-meal snacking (even of foods *healthful*), and be thankful for each morsel.

A simple & healthy “hummusy” * spread / dip

Mix in a blender, on high, until smooth:

- ◆ 2 Cups water
- ◆ 1 Cup raw sunflower seeds
- ◆ 1 Cup brown sesame seeds
- ◆ 1 medium raw zucchini and / or yellow squash (peeled, unless organic)
- ◆ 1 ½ tsp. salt (Himalayan pink is recommended)

For preferred saltiness and consistency, adjust the salt and water measurements, respectively.

** If tolerated by tummies, you can add some usual “hummus yummys” – such as garbanzo beans*

Desserts

Fruit makes
quick, tasty,
refreshing,
digestible
desserts.

Pick, peel
(or *not* peel),
or perhaps
even purée.

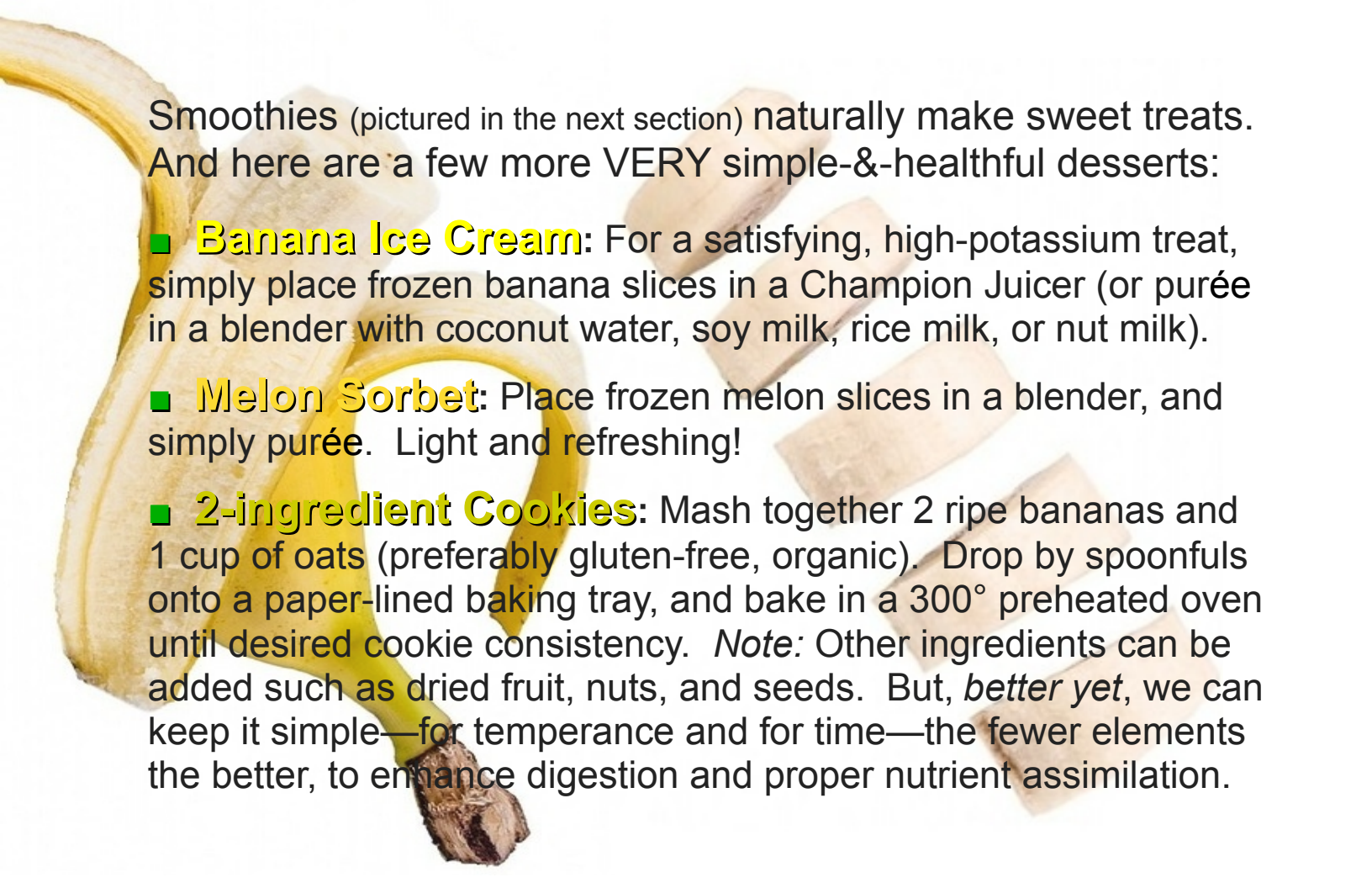
Then pray
and enjoy!



Others prefer mixing ingredients into a decadent display. But we should be careful what we combine. And not merely considering the waistline. Delicious-but-deadly concoctions of dairy, eggs, sugar, flour, and chocolate that comprise most common desserts severely compromise health. They're not friendly to our bodies or our brains or our budgets. And, as you may have found, the few minutes of toxic pleasure is not worth the few hours (or days) of terrible illness or tearful pain.

Though taste buds might seem content, *momentarily*, the digestive system is grossly overtaxed, resulting in disease. Though the stomach is stuffed, we are often “starving” for essential nutrients, thus eating *more* to obtain the needed nourishment. Empty calories are not “worth the weight.”

There are, in nature, many things “*better yet.*”

A banana and several slices of cantaloupe melon are arranged in the background of the text. The banana is on the left, and the melon slices are on the right.


Smoothies (pictured in the next section) naturally make sweet treats. And here are a few more VERY simple-&-healthful desserts:

■ **Banana Ice Cream:** For a satisfying, high-potassium treat, simply place frozen banana slices in a Champion Juicer (or purée in a blender with coconut water, soy milk, rice milk, or nut milk).

■ **Melon Sorbet:** Place frozen melon slices in a blender, and simply purée. Light and refreshing!

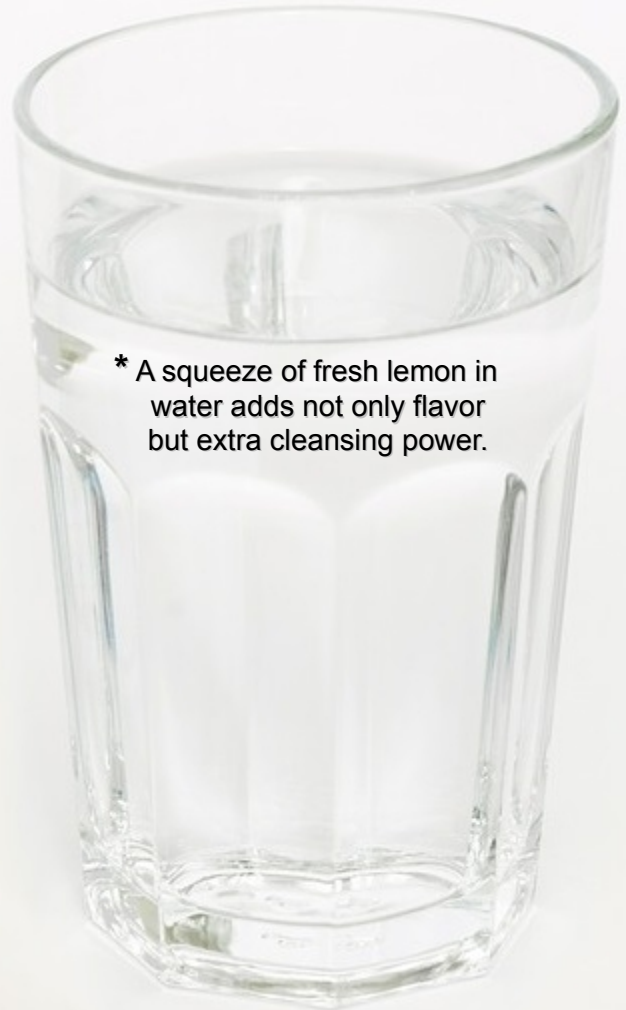
■ **2-ingredient Cookies:** Mash together 2 ripe bananas and 1 cup of oats (preferably gluten-free, organic). Drop by spoonfuls onto a paper-lined baking tray, and bake in a 300° preheated oven until desired cookie consistency. *Note:* Other ingredients can be added such as dried fruit, nuts, and seeds. But, *better yet*, we can keep it simple—for temperance and for time—the fewer elements the better, to enhance digestion and proper nutrient assimilation.

Liquids


■ Daily H₂O (room-temp and ½ one's healthy weight in ounces) between meals (*better yet* *) than during) can flush out toxins and help digestion.

■ Juices are indeed better than carbonated sodas; but, *better yet*, the whole fruits provide necessary *fiber*.

■ Beware of all *caffeinated* and *alcoholic* beverages.
(Frazzled nerves, dead brain cells, and dehydration are all dangerous.)



* A squeeze of fresh lemon in water adds not only flavor but extra cleansing power.

A glass of pink smoothie with a strawberry on the rim. The background is a solid light blue.

We've heard the advice:
“Eat breakfast like a king,
lunch like a prince, and
supper like a pauper.”

We're later “led” to this:
“Breakfast should be bold like gold,
and lunch sufficient like silver; but
heavy like lead sits a late supper.”

Let's liquidate!
Freeze fresh fruits
for light supper ...

Smoothies

Combinations are nearly endless!

QUESTIONS & ANSWERS

Q: *What does the acronym NEWSTART stand for?*

A: Nutrition, Exercise, Water, Sunshine, Temperance, Air, nightly and Sabbath Rest, & Trust in God—the 8 components essential for achieving a balanced life and optimum health.

Q: *Will we get enough protein if not eating meat?*

A: Since many foods provide protein, deficiencies are rare. With processed and red meats classified as carcinogens, there is actually more at “stake” (pardon the pun) if we get *too much* protein – *animal* products as the catalysts for various cancers, Mad Cow Disease, and clogged arteries. Eating a colorful *plant*-based diet, however, rather than eating animals after *they* have chewed the plants, can *save* lives – humans and animals.

Q: *How do we get enough calcium without drinking milk?*

A: The ad slogan: “Milk is good food” is true—for baby cows. Calves stop drinking it during year one. Get calcium the way grown cows get theirs—healthful plants, rich in many nutrients. (But “grazing” all day isn't necessary or healthful for humans; stomachs need rest.) Finally, milk's millions of pus cells (“Ick!”) support the growing belief that dairy products aren't fit for food.

“Cheese should never be introduced into the stomach.”

{E.G. White, *Counsels on Diet and Foods*, page 368}

Q: *Isn't it boring eating just salads and celery?*

A: It *could* be, if those were the only choices. But many flavors, textures, and a rainbow of vibrant colors are found in fruits, veggies, grains, beans, nuts, and seeds. We experience energy, alertness, and sweet peace with *natural* variety.

Closing Compiler Notes

Youthfully [un]fond of the kitchen, I rarely considered nutrition—to the point of battling anorexia. Eating from boxes, crinkly bags, and drive-thrus, in a poor attempt to recover, wreaked havoc on my health. I then became a “junk-food vegetarian”—filling the void with anything but meat. The [un]healthful weight gain lured me back to starvation. I was plagued by fatigue and depression. It looked as if not eating the flesh and the various by-products of animals was to blame. But it was choosing to eat “garbage” (or nothing) that terribly “trashed” my health. Something had to change. Thankfully, it did. I finally became “junk-food free.”

By the grace of God, I was introduced to a diet rich in colorful, tasty, plant-based, gluten-free fare. Brain fog and depression dissipated; energy and alertness returned. I had peace and a new lease on life. Later, when a sudden car-flip accident resulted in GERD, gastritis, and also gastroparesis, I often needed to purée foods to assist in digestion and prevent fermentation. Eating mostly “puréed”—indeed a pure aid!

Now healed, caring means sharing. My hope is that everyone will have *earthly* health, as we long for the “*better yet*” of blissful Heaven.



Since
many
chemicals
slither in
through
the skin,
we should
slather,
spray,
sprinkle,
and smear
on our skin
only what
we can
also
safely
swallow. 😊

*“Beloved, I wish above all things that thou prospereth
and be in health even as thy soul prospereth.”*

{3 John 2, KJV}

*“Let food be thy medicine,
and medicine be thy food.”*

{Hippocrates, 431 B.C.}

“Eat food. Not too much. Mostly plants.”

{Michael Pollan, renowned food expert / journalist, 2007 A.D.}

*Are we being monopolized by mealtimes?
If we think twice, we can experience Paradise.*

www.HeavenAndHealth.info